

## Human Resources Contact

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## Medical:

United HealthCare

<https://www.uhc.com/>

- You can find providers in your network by logging on.
- ID cards will be mailed

## Health Savings Account (HSA)

Optum Bank

<https://www.optumbank.com/>

An HSA is like no other savings account. The money goes in on a pre-taxed basis through payroll contributions, grows income tax-free and comes out income tax-free when you use it for qualified medical expenses. Plus, you can carry over unused available funds from year to year and the account is yours to keep even if you change jobs, change health plans or retire.

## Dental:

SunLife

<https://www.sunlife.com/us/en/>

You can find providers in your network by logging on.

## Vision

VSP

<https://www.vsp.com/>

A VSP provider can be located by visiting vsp.com or calling VSP's Member Services department at 800.877.7195

## Short Term Disability

<https://www.sunlife.com/us/en/>

A broken arm, surgery or having a baby could keep you out of commission and off the job for six to eight weeks or longer. Your medical insurance will help cover the cost of treatment

Your benefits begin on the 15th day of disability for accidents or injuries, and on the 15th day of disability for sickness or pregnancy. Your benefits can continue for up to 11 week.

## Life Insurance

<https://www.sunlife.com/us/en/>

You can purchase up to 5 times your basic annual pay, in units of \$10,000, to a maximum of \$500,000; \$20,000 is the minimum you can purchase

## Life's Food - 1-800 MD Telemedicine

[1.800MD | Convenient Care Anywhere \(1800md.com\)](https://www.1800md.com/)

1-800MD, one of the nation's oldest and largest Telemedicine companies is available to you 24/7/365